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Eight Dates Free Pdf. . . .

What's your worst-case scenario in this situation?

What's your ideal dream for the situation?

If you find you're not understanding each other, but rather heading toward conflict, take a deep breath (counting to ten really does help because it calms down the emotional centers of the brain) or take a bathroom break. These dates aren't about processing disagreements or "working" on your areas of conflict. We have included a "Troubleshooting" section for each date with some do's and don'ts, so that you don't create conflict. If you find things are getting hot and heavy (and not in a good way), please see "Fight Fair and Repair," on page 81. You can also find additional resources for addressing conflict or finding a therapist at the Gottman Institute website, gottman.com,

This is important work, and we know that by taking this journey together and having these eight conversations your friendship and your love will grow, and you'll begin your life together on sure footing. Getting started is 50 percent of the job, so your journey to a lifetime of love has already begun.

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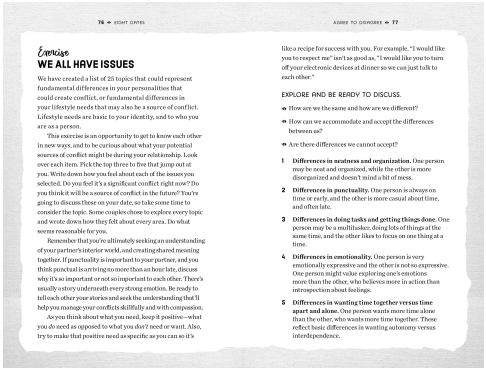

Exercise
WE ALL HAVE ISSUES

We have created a list of 25 topics that could represent fundamental differences in your personalities that could create conflict, or fundamental differences in your lifestyle needs that may also be a source of conflict. Lifestyle needs are basic to your identity, and to who you are as a person.

This exercise is an opportunity to get to know each other in new ways, and to be curious about what your potential sources of conflict might be during your relationship. Look over each item. Pick the top three to five that jump out at you. Write down how you feel about each of the issues you selected. Do you feel it's a significant conflict right now? Do you think it will be a source of conflict in the future? You're going to discuss these on your date, so take some time to consider the topic. Some couples chose to explore every topic and wrote down how they felt about every area. Do what seems reasonable for you.

Remember that you're ultimately seeking an understanding of your partner's interior world, and creating shared meaning together. If punctuality is important to your partner, and you think punctual is arriving no more than an hour late, discuss why it's so important or not so important to each other. There's usually a story underneath every strong emotion. Be ready to tell each other your stories and seek the understanding that'll help you manage your conflicts skillfully and with compassion.

As you think about what you need, keep it positive—what you do need as opposed to what you don't need or want. Also, try to make that positive need as specific as you can so it's like a recipe for success with you. For example, "I would like you to respect me" isn't as good as, "I would like you to turn off your electronic devices at dinner so we can just talk to each other."

EXPLORE AND BE READY TO DISCUSS.

- How are we the same and how are we different?
- How can we accommodate and accept the differences between us?
- Are there differences we cannot accept?

1. **Differences in neatness and organization.** One person may be neat and organized, while the other is more disorganized and doesn't mind a bit of mess.
2. **Differences in punctuality.** One person is always on time or early, and the other is more casual about time, and often late.
3. **Differences in doing tasks and getting things done.** One person may be a multitasker, doing lots of things at the same time, and the other likes to focus on one thing at a time.
4. **Differences in emotionality.** One person is very emotionally expressive and the other is not so expressive. One person might value exploring one's emotions more than the other, who believes more in action than introspection about feelings.
5. **Differences in wanting time together versus time apart and alone.** One person wants more time alone than the other, who wants more time together. These reflect basic differences in wanting autonomy versus interdependence.

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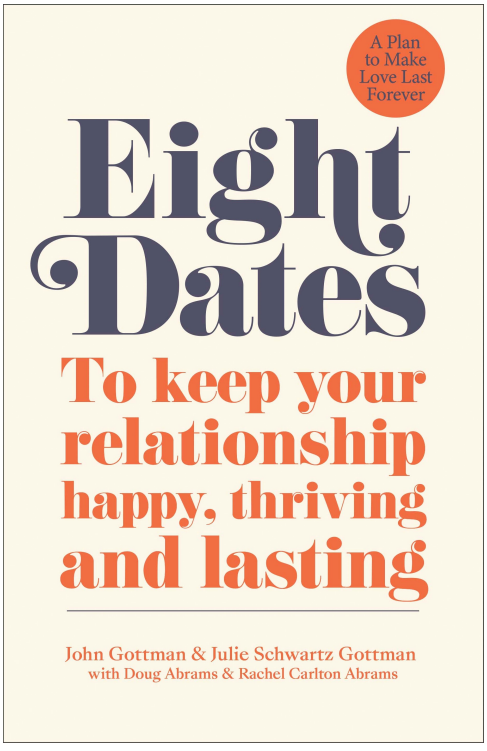
A Plan to Make Love Last Forever
Eight Dates
To keep your relationship happy, thriving and lasting
John Gottman & Julie Schwartz Gottman
with Doug Abrams & Rachel Carlton Abrams

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Dates: To keep your and lasting - Dr - Free download as PDF File .pdf), Text File .txt) or read online for free Date One: "Lean on Trust & we did: To set for a conversation about trust, Scott and I took turns blindfolding one and guiding around I added surprises like feeding

For date 1 begins Trust & a foundation is necessary in order to dates cover sensitive subjects as and sex) successful &#; Navigating of takes it just got step-by-step guide to dates (i.e. topics of focus) are, very laid out as far as order and build well.